

Sports Day in Canada Agenda

0730 Doors Open – members gather on Gym Floor

0750 Opening Ceremonies

- Wally Buckoski MC – Welcome/Intro A/WComd
- A/WComd – Address troops
- O’Canada
- Large Group Warm Up – led by FSI’s

0810	6 to 30 KM Bike Ride	Shearwater Flyers Trail
0815	5K run/walk	Shearwater Flyers Trail
0815	Dodgeball	Shearwater Gym ‘A’
0815	Volleyball	Shearwater Gym ‘B’
0815	Ball Hockey	Shearwater Outdoor Ball Hockey Court
0830	Slo Pitch Tournie	Slo Pitch Fields
0900	Try Brazilian Jiu Jitsiu	Shearwater Gym Multipurpose Room
0900	Try Spin Class	Shearwater Gym Spinning Room
0950	Floor Ball	Shearwater Gym ‘A’
0950	Pickle Ball	Shearwater Gym ‘B’
1145	Try Yoga	Shearwater Gym Multipurpose Room
1200	Lane Swim	Shearwater Pool

ARENA:

0700- 0750	TEME
0800-0850	FDU(A)
0900-0950	423 SQN
1000-1050	12W OSS/HQ
1100-1150	12 AMS
1300-1350	406 SQN

- *Currently determining what Sponsorship involvement there is in regard to Subway Restaurants. Email and phone calls have gone out.*
- *There will be Tim Hortons Snacks/Coffee provided in the morning.*